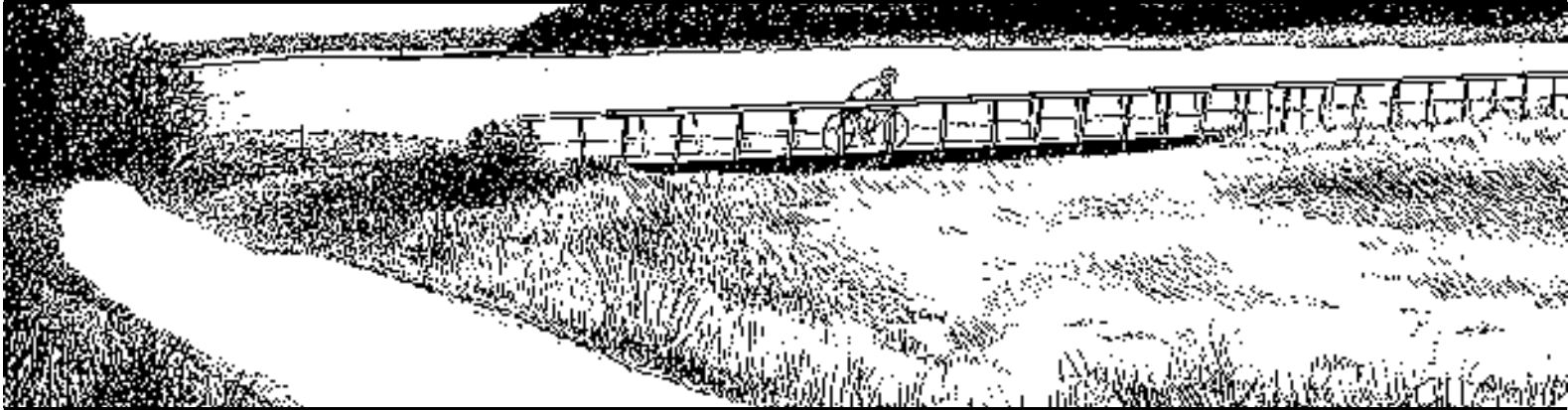


# Cape Cod

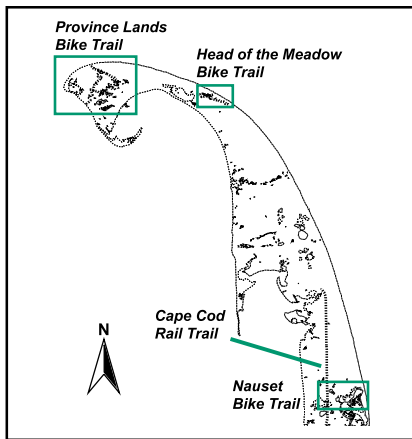
National Seashore  
Massachusetts

National Park Service  
U.S. Department of the Interior



## Bike Trails

### Safety Tips and Guidelines



- ❖ Massachusetts state law requires children younger than 13 to wear protective helmets when operating or riding as a passenger on a bicycle. It is advisable that all riders, regardless of age, wear protective headgear.
- ❖ If you have an unfamiliar bike, check your brakes, gears and steering before entering a trail.
- ❖ Ride single file and stay to the right. All trails have two-way traffic and heavy traffic times.
- ❖ Use front and rear brakes together.
- ❖ Don't speed.
- ❖ Be alert for the unexpected (rollerbladers, hikers, dogs, windblown sand).
- ❖ There are steep hills and sharp turns. Low areas sometimes flood; loose sand sometimes covers trails.
- ❖ Private property exists within the Seashore. Please respect owners' rights.

**Legend:** Bike Trail — Spur — Parking Restrooms Picnic area

#### Nauset Trail

Distance: 1.6 miles

#### Access points:

- ❖ Salt Pond Visitor Center parking area, Eastham
- ❖ Doane Rock picnic area, Eastham

